



*Keeping...*

# *InTouch*

The Newsletter of the  
Touch for Health Kinesiology Association of America

Winter/Spring 1999

Volume 7

Issue 3

## Looking back at the 25th Anniversary Conference

A Thank You Note From Dr. Thie

To the members of the Touch For Health Kinesiology Association,

Thank you for all the work you collectively did to make this Silver Anniversary celebration so wonderful for me.

Thanks for sharing the 25th Anniversary of the beginning of Touch for Health Kinesiology and being part of my vision of helping the world have a more abundant and joyful existence by helping yourself and others fulfill their missions in life. It has been a wonderful 25 years since the publication of the first edition of the Touch

for Health book. At that time I did not envision all that has happened. You

have been a major part in allowing millions of people to benefit from this small beginning of publishing a book to share new methods of caring for each other.

Your joining Carrie and me in fulfilling our mission of sharing the Intelligent Design of human beings and God's love for all of us is inspiring. Thank you for being part of us.

Your association, as the organization that took over the membership functions of the Foundation, has

done more to maintain my vision of having Touch for Health available to the world than any other. It was great to have all the leaders of the Touch for Health Kinesiology present. Thanks again.

You are an inspiration to the rest of the world.

Keeping in Touch,

John F. Thie, DC



## ■ FROM THE PRESIDENT: ELIU DIAZ

Dear members,

I truly want to thank all of you for the opportunity to be the President of the Association this year. There is a lot of work to be done, and I am confident that it can be done if we all pull our efforts together.

My goal is to make our association financially strong, and have a new computer system in the main office to serve you better. My vision is to create a strong and respectful association.

At the end of December 1998, Laura Sudar, executive director of the association, resigned from her position. We will miss Laura who, over the years with us, did an outstanding job for our organization. We wish her well in her new life in Colorado, and want to let her know that she is in our hearts forever.

Alice L. Putt, M.A., our dedicated bookstore manager and buyer, has agreed to take over Laura's job as the Executive Director until we find the right person to replace Laura Sudar. Naturally, Alice is still running the bookstore for us, which amounts to working two fulltime jobs. Thank you Alice for extending yourself during this challenging transition period. We sincerely appreciate all your efforts to keep the office operating as smoothly as possible. The other person in the office is Roger Barwise, who is also working over-time, and is of great support to Alice. Thank you Roger for your efficiency in serving our members.

Thank you for taking the time to read our newsletter. Leila Turner-Parker, vice-President of our Board of Directors, took on the intricate task of compiling the news and information presented to you in this newsletter, and worked on the design and layout with Adam Lehman, N.D. Thank you Leila and Adam for your great team work.

Judy Levin, secretary of our Board, and Peggy Fiorvanti, annual meeting coordinator, are actively preparing for our next Annual Meeting, July 7-11, 1999, in Las Vegas, NV. We hope to see many of you there, stepping together into the next millennium.

Sincerely,  
Eliu Diaz, President.



From left to right: Back: Nettie Meissner, Eliu Diaz, Jan Cole, Laura Sudar (departing director, not on board), Peggy Fiorvanti (annual meeting coordinator, not on board), Penny Hilburn, Anita More-Butts, Bruce Doolin. Front: Judy Levin, Leila Turner-Parker. Not Present: Lana Muehling, Richard Utt

## Touch for Health Kinesiology Association

### Logistics

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Judy Levin	Secretary
Anita More-Butts	Treasurer
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Bruce Doolin	Member
Penny Hilburn	Member
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Roger Barwise	Member Services
Leila Turner-Parker	Newsletter Editor
Adam Lehman	Newsletter Layout

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**1-800-466-8342**

#### Membership Rates

Lifetime Member	\$1,000
Sustaining Member	\$500
Contributing Member	\$250
Instructor/Professional	\$100
Basic Member	\$50
Associate Member	\$25

#### Advertising Rates

Full Page	\$250
Half Page	\$150
Quarter Page	\$75
Business Card	\$35

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<http://www.tfh.org>

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# The Touchiest Place on Earth

## A Newbie Reports from His First TFH Conference

by David Bartholomew

In being asked to write something for this edition of the newsletter, it instantly occurred to me that while I can't, and wouldn't presume to, add any technical expertise from the equivalent of the mid-term point of my freshman year in kinesiology, I can remind you what a remarkable, positive, and impressive group you are, and that no one stays a stranger for long in your midst.

Being new to this world, and somewhat of an outsider *prior to* the opening of the conference, I couldn't understand fully the significance and nuance of "Celebrating the Vision"... *for at least the first five or so minutes!*

I knew from my Touch for Health I, II, and III the value of this work from a hands-on perspective. I had been muscle-tested by many practitioners over the years... seen the results... and *knew* from those experiences I needed to be in this field.

What I didn't know, was that this event would be attended by kinesiologists, physiologists, wizards, sorceresses, practitioners, dabblers... *incognito* gods and goddesses... educators, neophytes and icons... healers and huggers from around the world.

What I didn't know— until dwarfed by the immense tree in the front of the room – was that all these "K"s... A through Z "K"... all these Special-K's... had come together to return to their roots, be reminded of their common-ality, and to put much water under the bridge in order to face new and complex challenges for the future.

What I may have hoped for, but couldn't be so sure to expect, was that I'd instantly get swept up amidst

all the excitement.

Without knowing what form past TFH conferences have taken, the format in this 25th year was ideal for me. Try to imagine the impact on an initiate to the seamless unveiling and detailing of each of these disciplines, of sitting hour after hour, bearing witness to the founders and innovators of vast and complementary bodies of work – each one remarkable in his or her own right. To be introduced to each modality in its turn...

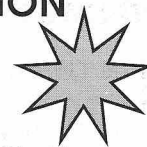
To understand that onstage a lineage – of the teachers of my teachers – was bestowing upon me... knowledge... on how to help others heal! What an immense gift.

I took a big dose of this connection and recharge away with me. I hope you availed yourself to the same opportunity.

I also took away memories of meeting many new friends and colleagues, new techniques, much valuable information; remembrances of treatments, hugs and smiles, stretching and exercise, the "International Basketball League" (Austria, Spain, and the U.S. represented) that shot hoops on occasion at day's end; a test drive in a new VW bug, talented folks in many areas... and the instant recognition that "these are my people", and I am now one of you.

Hopefully, this sense of camaraderie that pervaded the conference – this sense of who we all are...and more importantly who we can encourage and remind each other to be – will not be lost. Remember what we have in common. Remember that there are mutual goals to be achieved. Know that there is always new blood and new discovery to keep it all exciting. And let's keep building on, and "Celebrating the Vision".

## Into The Next Millennium: ENERGY AND TRANSFORMATION



Please join us:

**What: 1999 Annual Meeting**  
**When: July 7-11, 1999**  
**Where: Las Vegas, NV**  
**Cost: \$395 by April 1/\$450 after**

We are excited to host our 1999 Annual Meeting in Las Vegas, at the Crown Plaza, an outstanding and beautiful non-gaming hotel, most suitable for what Touch for Health is all about. You will enjoy this peaceful and relaxing environment, away from the frenzy of the great gambling city, yet conveniently located 2 blocks from the world famous Las Vegas strip, 2 minutes from the Convention center, and 2 miles from the airport. The area abounds with golf, tennis and amusement facilities nearby.

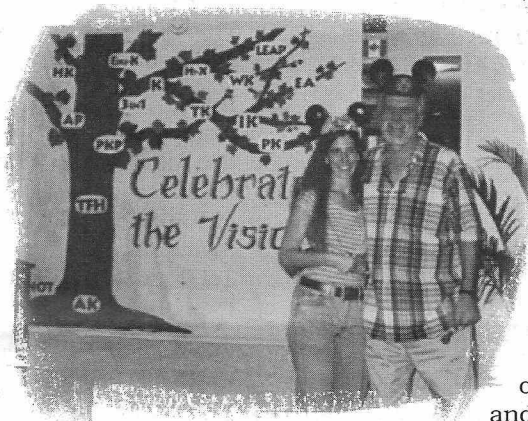
The comfortable suites, negotiated at the special rate of \$79.00/day, allow you to have room mates (yet honor your privacy), and the kitchenette gives you the choice to make your own meals if you so wish. These suites have all the amenities you'd expect from a first class hotel.

But what attracted us the most was our meeting space – located on the ground floor, with the advantage of being able to step outside by the pool during the breaks. The meeting rooms are spacious, with the conference room, exhibitors' room and balance room conveniently situated next to each other.

As always, your fee includes the conference and banquet.

Make your hotel reservations directly to:  
**Crown Plaza Las Vegas**  
**4255 South Paradise Road**  
**Las Vegas, Nevada 89109**  
**Tel: (702) 369-4400**  
**Fax: (702) 369-3770**

Expect the highest quality presentations as well as fun loving atmosphere at our next Conference, as we step into the next millennium.  
**Call the office and sign up today!**





## KINESIOLOGY NEWS

### MIDWEST TFHKA

The TFHKA-Midwest Region is proud to announce its 4th annual spring conference. This year we are having a weekend retreat, March 26, 27 & 28, 1999 at Deer Creek State Park. We will have TFH balancing and mastery classes. We will be featuring Dr. Gerard Portinga, D.C. and Phillip Rafferty, from Australia, as well as our local talents Ken Harsh, Sandy Smith, Ed Ireton and Bruce Doolin. They will be covering such topics as Integrating your Various Trainings, Crystal Layouts, Shiatsu Massage, Aromatherapy, G-Jo acupuncture, and Kinergetics. This will be a hands-on, self-help weekend and it only costs \$35.00, plus lodging.

You can share a cabin with friends—let us arrange cabin-mates, or you may choose to stay in the lovely lodge or camp. Cabin rates are: share a two twin-bed room for \$75.00 each for both nights, or double-bed room for one or two for \$150.00 total for the two nights. If you wish to stay in the lodge, or camp on the grounds, you must make your own reservation. You need to pay in full at the time of reservation. You may also choose to come and be with us just for the days. Lunch and dinner will be on your own. You may cook in your cabin or eat in the lodge or other local restaurants.

We will have a balance room, special videos and a used book/tape sale. The highlight of the event may well be the free pancake breakfasts, with Ed Ireton and Bruce Doolin flipping the pancakes.

Send your reservation to:

Pam Graham

141 Ann Ct, Lancaster, OH 43130,  
or call:

Anita Butts at (470) 454-1748, or  
Judy & Ed Ireton at (937) 845-8232.

We hope you will choose to join us!

Anita Butts

Member, TFHKA Board of Directors  
Midwest Region Liaison

### PKP NEWS

Dr. Bruce Dewe introduces the new Professional Kinesiology Practitioner program format to the U.S.

The PKP program will be changing after June 1999. Recently, the Professional Kinesiology Practitioner workshop series developed by Bruce Dewe, M.D. of New Zealand, was submitted to the New Zealand educational board and approved towards an accredited degree in Kinesiology. Kinesiology in New Zealand is now regarded as a profession with its own NZ Accreditation Board. It has also met approval standards for certification in England and Australia.

Touch For Health has always been a prerequisite to taking PKP. Due to the educational requirements in New Zealand, Touch for Health has been written into the new PKP certification program in order to receive diploma approval. Dr. Dewe therefore had to completely reformat the program as it had been taught over the past 10 years to now include TFH. The new basic units in PKP now includes 26 of the 42 muscles, many TFH 1-4 skills as well as PKP 1-4 material. The program was rewritten with the intention of providing the student with a logical, sequential training of necessary skills to become a competent practitioner, requirements that include self, peer and teacher assessments.

Dr. Dewe will be in North Carolina May to teach PKP 4 for the last time. He will also be teaching the first PI Instructor Training Program for his new format. If you are an active, experienced TFH instructor, you may be eligible to attend this training. (the advanced training workshop schedule on page 10 for details.)

Arlene Green

### ANNOUNCEMENTS

#### Welcome Back Norma!

The IKC Faculty, at its last meeting in Orlando, approved the reinstatement of Norma Harnack of St. Louis as an IKC Trainer for the U.S.

Norma had been previously on the Faculty and resigned in 1994 in order to start her Massage School in St. Louis, MO. The U.S. faculty are pleased to have her back on the team!

#### IASK

This is a notification of change of address of the IASK home office:

IASK

Home Office

c/o Margriet de Wild

Guterstrasse 144

CH-4053 BASEL

Switzerland

Tel/Fax: 41-61-361 33 90

E-mail: dewild@mail.magnet.ch

Margriet de Wild (vice-president) and Esther Frieden (office secretary) are looking forward to helping and serving you where they can.

#### *In Memoriam*

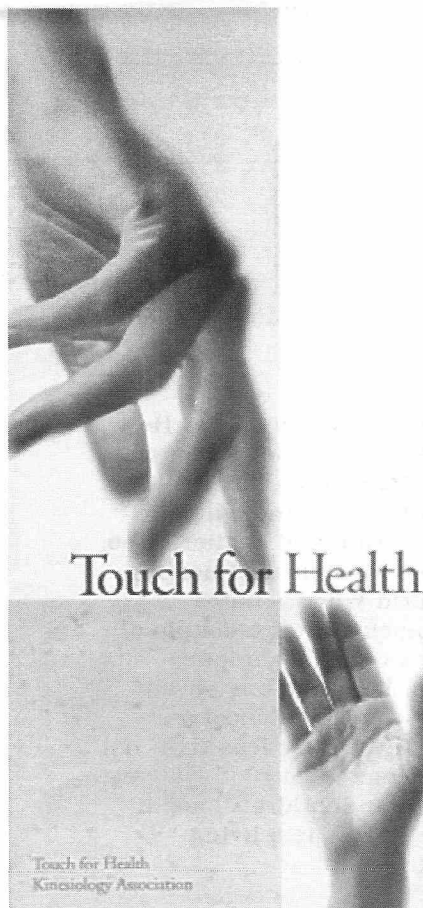
We are very sad to report that Bonnie Lammers was tragically killed in an auto accident recently. Bonnie had a special gift for using her TFH and PKP skills with animals. In October, Bonnie graced the attendees of the 25th Anniversary Conference with her musical talent in guitar and voice. Our deepest sympathy is extended to her husband, children and grandchildren. She will be missed by all.

**NEW!!** Touch for Health  
Professional Brochures

The team of Leila Turner-Parker and Paula Oleska with graphic designer Tom Grignon from Santa Fe, NM, have created a professional brochure for Touch for Health instructors and practitioners. Use them to introduce Touch for Health to prospective students and clients. We sold out of our supply at the 25th Anniversary Conference in one day, and feedback has been excellent.

There's room on the back of the brochures for you to stamp or place a label with your name and telephone number, making them perfect for mailings, placing in local chiropractic offices, or distributing at trade shows. This quality product will appeal to lay people and professionals alike.

The brochures are available through TFHKA to professional Members in shrink-wrapped bundles of 50 for only \$22.50 plus S/H. That's only 45 each! Order yours today!



## ■ HENRY & IDELLE WEISENBERG SCHOLARSHIP FUND

In honor of Henry and his widow, Idelle Weissenberg's unwavering spiritual, intellectual and financial support over the years, the Henry and Idelle Weissenberg Scholarship Fund was created. Its purpose is to assist students of Touch for Health to further their education and begin a career, via the instructor training workshop or attend an Annual Meeting and be inspired by the kinesiology community.

This fund makes a special way to help celebrate other birthdays, anniversaries and other special occasions. In so doing, you are helping ensure the continued growth of TFH through providing educational opportunities to beginners in the field. The contributions are tax deductible and checks should be made payable to TFHKA Scholarship Fund and sent to TFHKA. ■

Dear Friends, old and new,

Bless all of you for your generosity and affection you expressed at the Orlando, FL Touch for Health Conference by donating to the Scholarship Fund.

I was elated to see your instant response and your love for my late husband Henry and myself. The future for our new instructors and Kinesiologists will be brighter because of you!

I repeat what I said at the conference: the more new teachers we help, the stronger and greater our impact will be for the professional kinesiologist.

Please don't wait for another conference to be gracious with your donations. Whether they are \$10 or \$100, when you want to honor a Birthday, Wedding or a remembrance, send it to the Touch for Health office and it will appear in the next newsletter if it meets the deadline; a note will be sent to the recipient mentioning your name. I am in the process of forming an active committee that will participate with these added services.

Have a healthy, happy and prosperous new year.

With all my love,  
Idelle Weissenberg

## UPCOMING KINESIOLOGY EVENTS

### Three In One Concepts Gala Conference

April 8-11, 1999 Las Vegas, NV (818) 841-4786

### The Sixth Annual ASK-US Professional Conference and Annual Meeting

April 22-25, 1999 San Francisco, CA (212) 685-0865

### 1999 International Kinesiology Conference

May 13-16, 1999 Copenhagen, Denmark +45-49226970

### Touch For Health Kinesiology Association Annual Meeting

July 7-11, 1999 Las Vegas, NV (800) 466-8342

### Educational Kinesiology Foundation Gathering

July 19-22, 1999 Victoria, B.C. (800) 356-2109

## ■ ASK THE COACH: RAYMOND KURSHALS

### A Stable Pelvis and a Neutral Spine

*In this new column, we're hoping to assist you in reaching a higher level of fitness and well-being with informative tips and gentle exercises.. We invite you to "ask the coach" questions and concerns you may have by calling him at the phone number listed below or by writing to the TFHKA office.*

A neutral spine gives a stable base of support. It also provides a base line and reference point for the neuromuscular, musculoskeletal and proprioceptive systems.

1. Lie on your back, legs extended, or knees bent with feet flat on the floor. Become aware of and feel the natural and normal, neutral curve in the lower back and at the back of the neck as you lie there.

2. Place your hands on the ASIS or the top front of the hip bones ( the bony ridge sticking up).

3. Now tuck your hips making the lower back flatten out on the floor. Do this a couple more times and return to neutral each time.

4. Now do the opposite. Arch the back away from the floor and return it to the neutral position. Now you have the idea of neutral spine. However, we are moving beings, and we need to be aware of this position as we move. Not to keep it locked or even held, but just to be aware of it .

5a. While you lie there, on the **exhale** allow the belly button to sink down to the spine. Do this several times.

5b. As you continue to lie there, repeat the same exercise on the **inhale**. Remember to keep the pelvis neutral in this exercise.

6. Practice these principals sitting and standing as well. This will help you develop an active core stabilization. That's it, simple and easy.

**RAYMOND KURSHALS** is a certified Pilates Instructor since 1973. He is considered one of the most experienced and knowledgeable Pilates practioners in the world, and was a professional dancer who performed with Twyla Tharp, Paul Taylor and Merce Cunningham. Mr. Kurshals is an Olympic Coach, having worked with many sports teams and with professional and amateur athletes. He has just completed TFH 1 and 2, and is also certified in Bowen therapy. Raymond is owner of R K Studios, a Pilates center for fitness and rehabilitation in Santa Fe, NM. and can be reached at 505-995-9700.

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**"Pilates"** is a system of exercises which are done with and without machines. The mat work is done similarly to yoga: moving to strengthen and stretch the body. With the machines, one is assisted to develop strength, flexibility, control and awareness. The muscles work concentrically and eccentrically, thereby building power without bulk. There are different aspects of the work which can be applied all the way from rehabillition to expert athletes.

**Joseph H. Pilates** was born in Germany in 1880 and died in 1968 in New York City. He is considered one of the first Physical Therapists in the world. Joe Pilates, or Uncle Joe as he was called, studied the Eastern physical movement arts, including Yoga and a form of karate (before it was Karate). Pilates was a boxer, and found himself in England when World War I broke out. He was interned at a prison camp with many wounded soldiers who needed rehabilitation. It was there that Pilates started to develop his "systems" of healing movements (not for dancers as it is popularly advertised). After World War I, Pilates returned to Germany and perfected his exercise routines and equipment. After a couple of years in England, where he influenced M. Alexander, founder of Alexander Technique, Pilates moved to New York City with his new wife Clara. Since 1925, his work has slowly spread and recently caught on. The Pilates method is now being proven to be based on many "newly" discovered facts as to how the body works. In 1973, there were less than ten Pilates studios worldwide; now there are thousands. In the same way as most root systems, like AK and Touch for Health, Pilates has spawned "children" and "grandchildren", some bearing little resemblance to Pilates of the early 20's. However, the Pilates is a living system, not a dead one, and like a healthy child, is always growing.

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## Tailbone Correction

by Judy Levin

In 1991, I went on a fabulous trip to Russia with Wayne Topping and a wonderful group of Touch for Health friends to teach the basics of Touch for Health to doctors and nurses in Moscow. One week before we were to leave, I fell on my tailbone, which caused me great pain.

This Tailbone Correction was done to me by Irene Yachuck-Arabei. I was so pleased with the results from such a simple correction. The pain was gone, and I felt good.

I had no problem during the two weeks we were in Russia, but on the day we were leaving, I slipped on a snow bank and, once again, I fell on my tailbone. Once again, Irene came to my aid with this Tailbone Correction.

The Tailbone Correction was easy to do and the results were marvelous. This was something I knew I could teach people. I immediately went about learning the Tailbone Correction Technique so I could help others as Irene had helped me.

The main causes of the tailbone not being in alignment seem to be from falling down and landing on your bottom, or riding horses, bicycles, and motorcycles. Of course, doing gymnastics, karate, and other deeds we do when we are young and fearless, or silly things we do like slipping on ice or puddles can also be the problem.

If the tailbone doesn't get corrected, by whatever means we try, we tend to become used to the problem and often don't realize that the aches and pains are not normal. Also, we may ignore or adjust to it to the point that we don't think we have a problem at all. We may not even realize it is out of alignment.

It is always a good idea to get a good case history to make sure there are no medical problems we don't know about. If the person is experiencing pain or discomfort in the tailbone area, you might consider recommending a visit to a health

professional to make sure to rule out the possibility of a broken tailbone instead of just being out of alignment, and to verify there isn't a tumor or other illness there.

### Test

1. First test and use a clear indicator muscle (IM).

2. Run your hand up the shin bone from ankle to knee and test an indicator muscle (IM) to see if the response is still strong

or goes weak.

3. If the IM is still strong, then there is no problem with the tailbone. If the IM is weak, then the tailbone may be not aligned. Test both legs to see if correction is needed on right, left, or both sides of the body.

### Correction

1. Find the emotion (which ever list you prefer).

2. The person lays prone (face down) on a table or bed.

3. Place both hands at the base of the spine and run hands up the spine to the head (keeping one hand on the person's body at all times). When I get to the head, I bring down my hands one at a time to make sure one of my hands is always on the body. Repeat three times.

4. Rub your hands down the spine. Again bring one hand at a time to the

top of the spine and run down again. Repeat three times.

5. Bend the leg at the knee to approximately a 90° angle. Keep one hand on their tailbone to feel the muscle tension.

a) Have the person exert slight pressure in opposition as you pump the leg in each direction (similar to HypertonX). You can use an IM to decide which direction to go first.

b) Pump the leg three times in each direction. The pressure is gentle so we don't cause the person any pain.

6. Put your arm under the leg you have been working on (using your arm that is closest to the feet), lift the leg in your arm. If you place your arm at the knee as they lower their leg, you can lift the thigh; the weight of the whole leg is on your arm. Make sure the client is not helping to hold up their leg. Gently swing the one leg over the other leg, crossing the midline, and then back. Repeat three times.

7. Repeat on the other leg if both the legs tested weak.

Note: Remember to keep a hand on the body at all times until the correction is complete.

8. Massage the buttocks gently but firmly to find any pain spots that may need a little attention. Piriformis and Gluteus Maximus may need extra attention.

Include work on the sacrum and coccyx, and the sockets of the femur bone with the massage.

9. Using an IM, test the shinbone again to verify correction.

Reprinted with permission from the Touch for Health International Journal, 1996, pages 77-78.

*If the tailbone doesn't get corrected, by whatever means we try, we tend to become used to the problem and often don't realize that the aches and pains are not normal*

*I was so pleased with the results from such a simple correction. The pain was gone, and I felt good*

## ■ SCIENCE CORNER

# A Few Facts That Will Help Your Practice

by Paula Oleska

Every year, 100,000 Americans die from prescription drugs, says Dr. Jay Sylvan Cohen from the University of California, San Diego, School of Medicine (Bottom Line Health, Dec. 1998). That number exceeds the number of fatal car accidents and other accidents combined. In addition, side effects from drugs are estimated to cause 8.5 million hospitalizations and 115 million doctors' visits a year.

Use this important statistic in your presentations and in talking to prospective clients. Make them aware that, by contrast, Touch for Health never killed anyone. The only side effect I am aware of is aching muscles, if the tester applies heavy pressure. The benefits, on the other hand, are numerous: we have "anecdotal reports" of relieved backaches, headaches, sport injuries and many more. (Anecdotal reports do not count as evidence by medical standards, but many individuals are willing to make their decisions based on them.)

You can also support your claims quoting recent research on the benefits of touch. Touch Research Institute at the University of Miami's School of Medicine documented in 1986 that premature babies who were massaged three times a day for 15 minutes, gained 47% more weight than other preemies. They were released from the hospital six days earlier (a huge saving) and continued to develop faster.

We do not have similar statistics for older people, who are the largest group of consumers of medical services, but you could extrapolate from these figures and explain to your older clients and their families that not only they will feel better, but they will also save significant amounts of money on medical care through prevention and accelerated recovery. Massage has also been found to reduce blood pressure, boost the immune system, dampen harmful stress hormones and elevate the beneficial ones, such as serotonin. Touch for Health is not massage, but it is touch, and will have some of the same benefits.

Finally, last year Harvard researchers reported in the Journal of American Medical Association that people turned to "alternative practitioners" 50% more times during the 90's than during previous years. (Newsweek, Nov. 23, 1998). More than 40% of the adult population of the US spent over \$27 billion on 629 million visits, almost double the number of visits to primary care physicians (386 million). Touch for Health is still a very little known part of alternative or complementary healthcare. We need to take advantage of this growing openness of people to try new things and put Touch for Health in the forefront of this trend. We can do that by forming alliances with practitioners of better known approaches, like chiropractic, herbs, or acupuncture, and also by reaching to the public directly through lectures, newspaper articles or conference appearances. And for those of you complaining that you are not making enough money, consider the \$27 billion that was spent. Someone got paid last year. Make sure that this year it is you.

### CALENDAR NOTICE:

The University of Arizona International Conference, "Spirituality, Healing, and Health: A Transformative Vision" April 11-13, 1999 in Tucson, Arizona

Sponsored by the University of Arizona, this conference will focus on healing as a transformation of one's interior life that leads to a state of spiritual well being and health. For registration information, contact:

Noah Lopez

The University of Arizona Extended University

P.O.Box 210158

Tucson, AZ 85721-0158

Phone: (520) 626-9060

Fax: (520) 621-3269

e-mail: noahl@u.arizona.edu



On November 6, 1998, our friend and longtime supporter, Richard Utt, founder of Applied Physiology and member of our Board of Directors, suffered a severe heart attack while on tour in Germany. Richard has returned to Tucson, Arizona and resumed his regular activities. He expressed that he is grateful for both the

expert medical and kinesiological assistance which he received from doctors and friends as well as the many prayers he received from around the world. Richard feels that all of these contributed to his healing process and he is forever thankful to all. We are thankful to still have him in our presence.



## ■ FROM THE DIRECTOR: ALICE PUTT

### Greetings from the TFHKA office!

Most of you know me as the bookstore person, but I am writing to you today as the Executive Director of the Touch for Health Kinesiology Association. I will be doing both the job of Director and Bookstore Buyer & Manager until a permanent replacement for Laura Sudar can be found. Laura moved to Colorado in January, and we all wish her the best future possible.

Your patience is appreciated while we go through this transition as we may be a little slower than usual. Your orders for class manuals should be placed at least two weeks in advance of the class for your own peace of mind. (UPS ground takes 7 working days to the east coast, and we need a couple of days to process your order). Also as I familiarize myself with the location of various projects and files, things will speed up considerably.

The new directories will be out at the end of February, but the 1998 Journals are still being put together. As the 1998 Journal is a special 25th Anniversary edition, most of the presenters are rewriting their articles, and we are planning a book quality presentation. This seems to be delaying the project at least another month or so. We expect the resulting product to be worth your wait.

Roger, in membership services, has been working overtime and doing an outstanding job of keeping things flowing. You will find that your class rosters and memberships are being processed within two to three days of our receiving them. We also have other plans to improve our services.

This next year will usher in a new millennium, and TFHKA will also be preparing with a new Executive Director, a dynamic new Board of Directors, and more benefits and ideas to make TFH a part of everyone's life.

### *The International Institute of Applied Physiology's Professional course in 1999!*

Aug 16 - Oct 1, 1999 (Tucson, Arizona)

Applied Physiologists enjoy worldwide prestige as masters of specialized kinesiology. Acclaimed by alternative health professionals, chiropractors, osteopaths and medical doctors who have completed this training, the professional course is the "career track" for the serious student desiring certification as a *master Applied Physiologist*. *Richard D. Utt* and his teaching staff create the intensive, hands-on course that provides every student with the tools, techniques, systems and clinical experience needed to begin a lucrative Applied Physiology practice.

Total price.....\$10,000  
6 Mo. Advance Price.....\$7,599  
3 Mo. Advance Price.....\$8,750

Includes \$5,465 worth of books, materials  
& a Holographic computer Program!

### *The International Institute of Applied Physiology's 10 day Agape Quest course in 1999!*

Dec 4 - Dec 12, 1999 (Tucson, Arizona)

Agape Quest is an interactive process that introduces the solid tools we need to develop self-mastery in our individual journey of personal awareness. Through Agape Quest we learn how pain is merely a mechanism that our body uses to signal the next step on our journey to well-being. Agape Quest then teaches us the skills we need to use our attitudes, thoughts and feelings to actively change our daily lives.

**In 9 days and two evenings you can  
complete AP's full 10 day course for \$795.**

#### 5 books inclusive:

Muscle Monitoring	\$35	795
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Figure 8 Energies	\$35	620
Can Opener System	\$35	\$62 a Day
Basket Weaver System	\$35	10 620

## The International Institute of Applied Physiology

Ph: 520-889-3075    [iiap@appliedphysiology.com](mailto:iiap@appliedphysiology.com)    Fax: 520-573-3743

## ■ BOOK REVIEWS

BY ALICE PUTT

### WITHOUT STRESS LEARNING CAN BE EASY

By Gordon Stokes. Hardcover over sized AK 1377 \$18.50.

Delightful Kitties dance from page to page in this hard cover children's book, showing the exercises to remove the stress associated with language skills. Learning blocks are caused by stress at the time learning takes place, and are re-triggered every time that same activity is repeated. Here are exercises including cross-crawl, ESR, reframing and others to remove the stress. Then "Without Stress Learning Can Be Easy".

### ADVANCED KINESIOLOGY

By Dr. Sheldon Deal, D.C.  
Spiral bound oversized  
AK 1403 \$75.00

As you know, every year Dr. Deal comes to our Annual Meetings bringing the latest findings in kinesiology. Well here is the book based on 20 years of Dr. Deal's work that will

give you the entire scope of kinesiology. Arranged like an encyclopedia, there are entries for everything from A to Z, giving kinesiology procedures for adrenals, cranial faults, lower back, color balancing and so much more. You will be referring to this extraordinary book for years to come and wonder how you lived without it before this.

### BIOKINETIC EXERCISES TO REALIGN THE BODY

By Wayne Topping, Ph.D., LMT.  
139pp. Spiral bound oversized.  
AK 1340 \$25.00.

A superb new book that will give you a lot of usage and value for your money comes from Dr. Topping. Here are a series of easy to do exercises from Biokinesiology which aid in releasing tight muscles and bringing weak muscles back on line. They are applied with a simple indicator muscle test and the use of the circuit location technique. This important information can virtually realign the

body, and it is presented with Dr. Topping's usual clarity using detailed artwork and photos.

### I AM THE CHILD: USING BRAIN GYM WITH CHILDREN WHO HAVE SPECIAL NEEDS

By Cecilia K. Freeman, M.Ed. and Gail Dennison. 195pp. Paperback  
AK 1515 \$17.95.

A special education teacher shares her methods, triumphs, and daily routines with children who are challenged with autism, ADD, hyperactivity and physical handicaps. Using the Brain Gym techniques and a lot of love, the children slowly progress as the book reveals the possibilities that are accessed through kinesiology. The book is fascinating to read in addition to giving new ideas for teaching. Parents with special children will find pointers to emulate. ■

## 1999 Advanced Course Schedule

Location and dates subject to change - call to confirm.

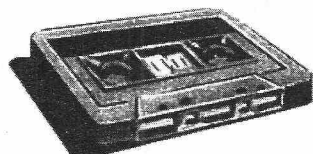
ITW = Instructor Training Workshop • PKP = Professional Kinesiology Practitioner • AP = Applied Physiology

Course	Location	Dates	Instructor	Contact
TFH Instructor Update	Ontario, Canada	April 8-9	Michael DeLory	(604) 669-5424
PKP II	Chapel Hill, NC	April 10-16	Arlene Green	(919) 933-9299
PKP III	Chapel Hill, NC	April 19-25	Arlene Green	(919) 933-9299
PKP IV	Durham, NC	May 19-25	Bruce Dewe, M.D.	(919) 933-9299
PKP Instructor Training	Chapel Hill, NC	May 27-31	Bruce Dewe, M.D.	(919) 933-9299
TFH ITW	St. Louis, MO	June 6-13	Arlene Green	(919) 933-9299
PKP I	Milwaukee, WI	June 25-27; July 9-11	Marge Murray	(414) 253-4905
TFH Instructor Update	Las Vegas, NV	July 12-14	Arlene Green	(800) 466-8342
TFH ITW	Las Vegas, NV	July 12-19	Marge Murray	(800) 466-8342
TFH ITW	New York City	August 15-22	Paula Oleska	(212) 242-7528
AP Basic Professional	Tucson, AZ	August 16-October 1	Richard Utt	(520) 889-3075
PKP II	Milwaukee, WI	August 12-15; 19-22	Marge Murray	(414) 253-4905
PKP III	Milwaukee, WI	September 5-12	Marge Murray	(414) 253-4905
TFH Instructor Update	New York City	November 6-7	Paula Oleska	(212) 242-7528

### Attention, Touch for Health Instructors!!!

Do you have 10 or more students interested in becoming TFH Instructors?  
Contact the Association for information on sponsoring an Instructor Training in your area.

# Touch for Health Kinesiology Association - 1998 Annual Conference



## Audio Cassette Tape Order Form

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Purchase 12 Cassettes, Get 1 FREE.....	\$120.00
Package Price.....	\$169.00

Sessions recorded LIVE at the Ramada Inn Resort Maingate ♦ October 14-18, 1998 ♦ Orlando, Florida

- [ ] 01 Touch for Health, John Thie, D.C.
- [ ] 02 Integrated Kinesiology, Rosmarie Sonderreger
- [ ] 03 Transformational Kinesiology, Kerry Franks
- [ ] 04 Kinergetics, Philip Rafferty
- [ ] 05 L.E.A.P., Charles Krebs, Ph.D
- [ ] 06 Who are we? Where are we now?, Wayne Topping, John Thie, Sheldon Deal, Susan McCrossen, Anthony Gil and Dominique Weil
- [ ] 07 Applied Physiology, Richard Utt
- [ ] 08 Wellness Kinesiology, Wayne Topping, Ph.D
- [ ] 09 Psychological Kinesiology, William Whisenant, Ph.D
- [ ] 10 Health Kinesiology, Jimmy Scott Ph.D
- [ ] 11 Educating Alternatives, Jenni Beasley
- [ ] 12 Professional Kinesiology Practice, Arlene Green

- [ ] 13 Kinesiology Training Standards, Gordon Stokes, John Maguire, Toni Gralton, Wally Schmitt, Kerry Franks and Alfred Schatz
- [ ] 14 Three In One Concepts, Gordon Stokes
- [ ] 15 Applied Kinesiology, Wally Schmitt, D.C.
- [ ] 16 Latest Findings in Applied Kinesiology, Sheldon Deal, D.C.
- [ ] 17 Neural Organization Technique, Carl Ferreri, D.C.
- [ ] 18 Kinesiology for Human Performance, Philip Maffetone, D.C.
- [ ] 19 How can we work together to mainstream kinesiology?, Richard Utt, Philip Rafferty, Dee Oldham, Philip Maffetone, and Norma Harnack
- [ ] 20 Educational Kinesiology, Paul Dennison, Ph.D
- [ ] 21 What's Next?, Robert Aboulache, Sheldon Deal, Paul Dennison, Gordon Stokes and Jenni Beasley

**HOW TO ORDER CASSETTES:** Attendees may purchase audio cassettes on-site, Thurs. Oct. 15th - Sun. Oct. 18th at Great White Productions booth located near the TFKA registration area. ORDER EARLY to avoid duplication delays.

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## Benefits of Membership

### Associate Member - \$25 (US)

- Subscription to the Keeping In Touch newsletter

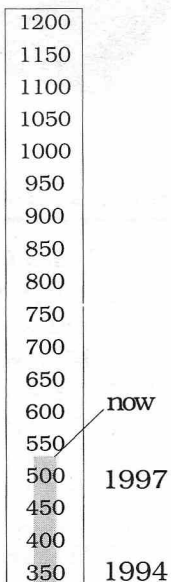
### Basic Member - \$50 (US)

- Above, plus...
- The Touch for Health Kinesiology Assn. Annual Journal
- Listing in the Association membership directory
- One copy of the Membership Directory
- Discounts on Association catalog items
- Discounts at TFH meetings and events
- Voting privileges for all TFHKA elections

### Instructor/Professional Member\* - \$100 (US)

- All of the above, plus...
- Student and/or client referrals
- Expanded listing in the membership directory
- Discount on Liability Insurance through ABMP
- Special promotional materials
- Participate in the development of TFHKA curriculum

\* Graduates of TFH I, II, III & IV and either the Instructor Training Workshop (ITW) or other TFHKA approved professional courses are invited to apply for the Professional membership.



**1-800-466-8342**

## Touch for Health Kinesiology Association of America

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